

YOUR SHAPE[®]

FITNESS EVOLVED 2012



ONE TO TWO PERSONS
PER SESSION

SIGN UP. DANCE. BURN CALORIES.

KINECT[™]
for  **XBOX 360**

FITZONE

HOOVER RECREATION CENTER

FITNESS FOR EVERYONE

Choose from over 90 hours of activities to design your perfect workout! Fitness classes like Boot Camp, Cardio Boxing, Jumprope and Yoga, along with a new suite of Dance classes.

HIGHLY CUSTOMIZABLE EXPERIENCE

Get fit your way! Create a workout tailored to your fitness level, goals, schedule and preferences. Choose exercises targeting specific muscle groups.

STATE-OF-THE-ART MOTION TRACKING

State-of-the-art motion tracking and projection technology provides feedback specific to you on all your workouts, so that you'll get the best results. And now Your Shape tracks floor exercises like push-ups and sit-ups.

NEW DANCE CLASSES

Dance your way into shape with new Dance classes. Latin, Hip-hop, African and Bollywood classes offer a great selection of fun and sweat-inducing routines.

SEE THE FRONT DESK FOR ASSISTANCE